

To blossom & his brain was cooking excitement
& interesting ideas & projects. Hes full of helpfull
warmth.

I'm reading Sugar Blues by William Dufty. John
Lennon gave it to Allen to read. Traces History of the
White Passion Sugar from english 15th Century on.
& talks about French Herb forests of medieval times
never abused or disturbed when still ~~so~~ Herbal Sorcerists
pass on remedies from Father to son thro WW I & II
Killed off learning sons. I've gotten lot more energy
from abstaining. Soon I want to cut out molasses.

Farm work is coming along well. my brother
Julius & I work side by side & he really is a great
worker. I put my other brother Lofradio in Kings
Park mental hospital because he was going cat
-atonic & speechless w/my mother & its driving him
great. I cant believe it. Hes slowly beginning to
draw & paint again. I got some new generation acid
I'm dying to take - I've been taking acid up at farm
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